



## “笑對人生”

在人生旅途中，不如意事常八九。哀傷是隨之而來的自然反應。每一個人表達哀傷的方式都不同。然而，文化、宗教、禮儀等都會影響我們如何流露自身的哀傷。“笑對人生” 錄像片是一部探討失落和哀傷，專為澳洲華人而拍攝的教育片。

失落的成因很多---

搬家、移民、離婚、失業、患病。隨著死亡而來的哀傷，卻是極之深遠的。但是，我們往往忽略了這種情緒上的衝擊，因為我們逃避談及死亡。

“笑對人生”

透視現實生活中的失落經歷和喪親之痛，以及個人克服厄境的途徑。片中同時給予專業人士的真知灼見，並提供一旦死亡發生，如何安排後事的實用信息。

這部片子能幫助家庭、朋友、社團，認識當我們自身和所愛的人，

### *Life - A Long Journey Forward*

Loss is part of human life and grief is a normal response to loss. Everyone grieves in their own way, but culture, religion and rituals all influence our grieving. "Life - A Long Journey Forward" looks at the experience of loss and grief for Chinese people in Australia.

A sense of loss can stem from many things - moving house, leaving a homeland, divorce, loss of a job, illness. The grief that accompanies death and dying can be profound - yet often the emotional impact is unacknowledged as people shy away from talking about death.

"Life - A Long Journey Forward" explores real life experiences of loss and bereavement, and ways that individuals have found to work through these difficult issues. It provides professionals' insights into these experiences, as well as practical information on arrangements to be made when a death occurs.

The video will help families, friends and community groups to recognise the needs of Chinese people facing their own death from cancer, or the death of someone they love. It will help people to acknowledge and understand their grief, accept the support of friends, and find positive ways forward.

21 mins approx. each

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# 笑對人生

哀傷教育片

## *Life - A Long Journey Forward*

*A CD-ROM about loss and grief*

English/Mandarin/Cantonese

英文，國語，廣東話

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